

Care for your body piercing

Cleaning Solutions

We recommend using either H2Ocean or an ear care solution. A mild soap can also be used. A Fragrance free liquid soap preferably anti-microbial or germicidal would be best.

Cleaning instructions for Body Piercings

Wash your hands thoroughly prior to cleaning or touching your piercing for any reason.

Cleaning Solution Soak for five to ten minutes once or more per day. Invert a cup of solution over the area to form a vacuum. For certain piercings it may be easier to apply using clean gauze or paper towels saturated with cleaning solution. A brief rinse afterward will remove any residue.

Soap no more than once or twice a day. While showering, lather up a pearl size drop of soap to clean the jewelry and the piercing. Leave the cleanser on the piercing no more than thirty seconds, then rinse thoroughly to remove all traces of the soap from the piercing. **It is not necessary to rotate jewelry through the piercing.**

Dry By gently patting with clean disposable paper products. Cloth towels can harbor bacteria and snag on jewelry, causing injury.

What is Normal?

Initially: some bleeding, localized swelling, tenderness, or bruising may occur. During the healing period some discoloration, itching, secretion of a whitish yellow fluid (Not Pus) that will form some crust on the jewelry. The tissue may tighten around the jewelry as it heals. Once healed: the jewelry may not move freely in the piercing; **DO NOT FORCE IT.** If you fail to include cleaning your piercing as part of your daily hygiene routine, normal but smelly bodily secretions may accumulate. A piercing may seem healed before the healing process is complete. This is because they heal from the outside in, and although it feels fine, the tissue remains fragile on the inside. **BE PATIENT,** and keep cleaning throughout the entire healing period.

What to do:

Wash your hands prior to touching the piercing; leave it alone except when cleaning. During the healing **it is NOT necessary to rotate your jewelry.** Stay healthy; the healthier your lifestyle, the easier it will be for your piercing to heal. Get enough sleep and eat a nutritious diet. Showers tend to be safer than taking baths, as bathtubs can damage cells. Make sure your bedding is washed and changed regularly. Wear clean, comfortable, breathable clothing that protects your piercing while you are sleeping.

What to avoid:

Avoid cleaning with Beta dine, Hibiclens, Alcohol, hydrogen peroxide, or other harsh soaps as these can damage cells. Also avoid ointments as they prevent necessary air circulation. Avoid over cleaning. This can delay your healing and irritate the piercing. Avoid undue trauma such as friction from clothing, excessive motion of the area, playing with your jewelry and vigorous cleaning. These activities can cause the formation of unsightly and uncomfortable scar tissue, migration, prolonged healing, and other complications. Avoid all oral contact, rough play, and contact with others bodily fluids on or near your piercing during healing. Avoid stress and recreational drug use, including excessive caffeine, nicotine, and alcohol. Avoid submerging the piercing in unhygienic bodies of water such as pools, hot tubs, etc. Or protect your piercing with a waterproof wound sealant bandage (such as Tegaderm) these are available at most drugstores. Avoid all beauty and personal care products on or around the piercing including cosmetics, lotions, and hair sprays, etc. don't hang charms or any object from your jewelry until the piercing is fully healed.

Each body is unique and healing times vary considerably. If you have any questions or concerns please consult your piercer.